

Deeper into Closing the Bones Facilitating Workshop



Sunday 8 March 2020, 10am-6pm

Shuniya Kundalini Yoga, 118 Bosworth Street, Leicester, LE3 5RD

Would you like to dive deeper into Closing the Bones and learn an advanced set of techniques?

This workshop is designed for doulas, birth workers, midwives, therapists, healers, or anybody who works with new mothers **AND who have already attended the first level Closing the Bones workshop run by Japjeet, Sophie or Maddie.**

In this one-day workshop you will learn the *second set* of Closing the Bones techniques (there is a first set of basic techniques, that will be taught the preceding day, on Saturday 7 March 2020). This new workshop includes an extensive set of rebozo techniques which work on moving and releasing tension and energy in the back, abdomen, breasts, hips, arms and legs. It also includes a new set of abdominal, hips, chest and arms massage which complement the original techniques.



You will be certified so that you can get insurance. Participant numbers are consciously kept small so that there is plenty of time for individual attention -- the limit is 8-10 people.



Training fee & meals

The training fee is £120 for the day. This includes a set of handouts with very detailed instructions of the techniques (which have been explained and validated by an osteopath) and theory learnt, as well as video instructions of each part of the massage (to help you even better as you start practicing at home). Moreover, it also draws on the unique mix of traditional and scientific knowledge that is collected between us in the CtB training team. You will also get access to a very active and responsive FB-group with over 500 members on which we as trainers are very active in answering questions - it's truly a fantastic space for sharing with and learning from each other.

Also included are herbal teas and healthy snacks.

Fee includes a £45 *non-refundable deposit* (you do need to pay the full registration fee upon registering – if that is a problem, contact me to see if we can work something out). In the unlikely event that the course needs to be cancelled (such as sickness), all fees will be refunded. In the event of late (less than 2 weeks notice) cancellation or non-attendance at the workshop without advance warning, all fees are non-refundable.

To register, please email me at japieetkaur@shuniya-yoga.org and make payment into the following bank account quoting your name and “DiCtB training Leicester”: **Name: N.K. Bemong / Account nr. 31285092 / Sort code: 40-18-43 / HSBC.**

Lunch is not included. You can bring your own lunch with you, or go out during the lunch break to pick something up in the nearby Tesco, Coop, Lidl or Aldi.

Purchasing your CtB tools



You'll also have the opportunity to purchase:

- * Rebozo shawls (different types and prices) to use for the massage and ceremonies.
- * essential oils and specifically formulated essential oil blends to be used for the massage
- * energy-cleansing palo santo (sprays and wood)

This way you can easily get your 'starter kit' ready straightaway. None of these items are included in the price.

If you cannot make these dates or Leicester is not an option, you can always contact me to be kept informed about further dates (and you can look here: <http://www.shuniya-yoga.org/trainings/> for trainings in the UK and Europe), OR we can look at organising a training workshop near you. Email me in that case: japjeetkaur@shuniya-yoga.org

Facilitator



Dr. Japjeet Rajbir Kaur (previously known as dr. Nele Bemong, before she became a Sikh) gained her PhD in 19th-century literary studies and worked in academia (at K.U.Leuven in Belgium & Penn University in Philadelphia, USA) for over a decade before she left her academic career in 2011, to embark on a life focused on serving others in their journey towards consciousness, awareness and healing. Since 2012 she has been working full-time as a yoga teacher and holistic therapist. She is based in Leicester, UK. She combines her teaching of Kundalini Yoga (which she has been teaching since 2008) with serving new yoga teachers in KY teacher training programs; teaching pregnancy, postnatal & baby yoga; and postnatal

doulaing. She will also be training to become a postnatal doula trainer. She combines all this with offering Closing the Bones ceremonies and yogic massages, as well as training others in both these massage disciplines, and with working as a health & nutrition coach, life & yoga coach, and her work as an aromatherapist (which includes her making her own line of organic skincare and natural cleaning products). Find out more about Japjeet on her website: www.shuniya-yoga.org .